Vol. 3, No. 33

Marine Corps Logistics Base Barstow, California

July 1, 1999

Base Commander wishes MCLB Happy 4th of July

By Col. Mark A. Costa

Base Commander

Happy birthday America, and happy birthday to all Ameri-

Over two centuries ago, our nation was born from an armed struggle for existence and a desire to determine our own future.

Today we are able to celebrate another birthday of freedom and liberty because of Marines and civilians Marines like the ones we have working here.

Those great statesmen who penned the Declaration of Independence did so with the confidence that brave Americans would always preserve freedom and independence.

Throughout the years and still today, Americans have defended

"... the price of liberty is eternal vigilance."

our nation's pride, independence and the ideals of liberty at home and abroad. Carrying on the legacy of freedom at any cost is an awesome responsibility.

Even today our comrades-in-arms fly, sail and stand in harm's way to allow millions in the world to pursue life, liberty and selfdetermination. As the saying goes, "the price of liberty is eternal vigilance."

Marines, civilian Marines and Sailors of this MCLB commu-

nity have done their part in preserving freedom and liberty for more than half a century.

It has been their devotion to duty, professionalism and commitment to excellence that has ensured Marines around the Corps have been, are and will be equipped to be the best fighting force in the world.

Everyone who has ever worked here can take pride in the knowledge that they have contributed to our legacy of freedom.

As we celebrate Independence Day, let's all take a moment and reflect on our heritage and give thanks to those who have kept and are keeping our freedom possible.

Kathy and I salute you all and wish you and your families a safe and enjoyable Independence Day. Happy Birthday America and Happy Birthday to all Americans!

strategy: Keys to winning A-76 study

By GySgt. Frank Patterson

Public Affairs Chief

"The mission of the Marine Corps is to provide a highly trained, well-equipped, versatile, expeditionary "Force in Readiness" to the nation. To accomplish that mission, we must focus on our limited resources to ensure we provide the most effective military capabilities.

Marine Corps Master Plan

What is the secret to success?

Ask any winning coach that question and the answer will likely be "teamwork and strategy."

Teamwork and strategy are important factors for any winning team. They are especially important concepts now as the base begins an important study to redefine how it does business; the results of which will impact the Marine Corps well into the future.

As the Marine Corps enters the 21st Century, it faces two critical challenges in meeting its national security objectives: aging equipment and facilities and dramatically reduced national resources dedicated to national defense.

Since the end of the so-called "Cold War" the costs of doing business as a military unit have increased and national defense resources have become more and more scarce. Throughout the last few years, the Marine Corps has worked to streamline and refine its combat forces. Because age and continuous use has adversely impacted operating equipment capabilities, it became imperative to become more efficient in other areas to support force modernization and readiness and enhance quality of life.

Today, the Corps continues to redesign itself through ongoing structure reviews while also focusing on identifying and freeing up resources.

To meet the challenges of dwindling resources while meeting an increasing need for Marines as worldwide peacekeepers and humanitarians, the Commandant of the Marine Corps directed that

Marines revolutionize the way they do business across all their installations. This direction was issued in the Installation Reform (IR) Business Plan signed by the Assistant Commandant of the Marine Corps on April 26.

The IR is a series of initiatives to revolutionize how business is done across all Marine Corps installations thereby freeing up money for operating forces by reducing the cost of supporting establishments and increasing responsiveness to customers.

One goal of the plan is to save at least \$370 million to modernize operating forces between Fiscal Years 2001 and 2005, with an additional \$105 million every year thereafter.

One tool of the IR is the A-76 or "commercial activities" (CA) study.

The name "A-76" came from the Office of Management and Budget Circular A-76 which enables Federal agencies to conduct fair and open competitions between in-house personnel and commercial sources for the performance of specific on-base functions.

The 1996 supplement to the circular sets forth specific procedures for determining whether it would be more cost effective and efficient to perform commercial functions with in-house government facilities and personnel or through contracting with commercial resources.

"An easier way to define a commercial activity is to look up a job in the yellow pages — if found there then it may be considered a commercial activity," said Kenneth Roberts, on-site coordinator for Booz-Allen & Hamilton, the consultants chosen to help the base with the A-76 study process.

'This study includes upper management and all facets of the workforce," explained Col. Mark A. Costa, base commander. "Every announced Installations and Logistics Department function is being looked at from the I&L Director down

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Ken Roberts (left), on-site coordinator for Booz-Allen & Hamilton, Inc., and Col. Mark Costa (right), base commender folder to Costa (right), base commander, fielded questions during a quarterly all-hands briefing on the A-76 study Tuesday at the Oasis Club.

A-76 study consultants selected

By GySgt. Frank Patterson **Public Affairs Chief**

A consultant team has been selected for the Marine Corps' recently initiated A-76 or "commercial activities" study here.

Booz-Allen and Hamilton, Inc., based in McLean, Va., and operating out of San Diego edged out several other firms to earn the right to lead the base into the 21st Century as partners and mentors in the A-76 process. Booz-Allen & Hamilton is currently supporting or has completed 24 other A-76 studies including ongoing base reform initiative studies at Marine Corps Air Station Yuma, Ariz., and Marine Corps Recruit Depot San Diego. They have assisted the government work force in winning the competition in 50 percent of the studies they have undertaken. Additionally, BAH rewrote the Navy's commercial activities instruction.

Booz-Allen & Hamilton bring more to the table than just experience. They bring patriotic, motivated individuals who wish to see the military succeed in the commercial activities study.

Booz-Allen's on-site representative, Kenneth G. Roberts, spent 23 years in the U.S. Army ending up as a lieutenant colonel before retiring and signing on a little more than a year ago with Booz-Allen. While in the Army, he developed the Army's A-76 policy,

See **STUDY** Page 5

The Commander's Forum

The "Commander's Forum" is a tool the Base Commander uses to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call 577-6535 or send your concerns via LAN to COMMANDERS FORUM@HQTRS1.

I attended training on May 18, held by TQL training called, "Thinking Outside the Line". When the class was over there

was a lot of discussion regarding whether we were supposed to return back to our work place if our training class ended before 1530.

There was quite a bit of discussion trying to determine when we were supposed to go back to our workplace and when we could leave to go home.

There seemed to be some differences of opinion. When the class was over, some people felt that since it was over before 1530 they should go back to work so they went back to their workplace, and some didn't go back to their workplace, they just left training and went home.

Please help us out—is there a base policy on this issue? They used to announce it at the beginning of each class.

• Thank you for bringing this issue up, it may be a question many people have. As you know, supervisors are responsible for the accounting of an employee's time while that employee is in a duty status. At the end of any duty assignment, including attendance at training, any question regarding returning to work should be directed to the supervisor, unless prior arrangements have already been made.

Unfortunately not every employee who attends training is on the same work schedule. The class schedule takes into account the hours of work for most employees. If a class is completed early, which is not the norm, employees should contact their supervisor.

You should coordinate with your supervisor on their decision in advance if possible, if not, contact them when the class is over. Again, thank you for asking for clarification on an issue that is in the minds of many of our employees.

Have you given thanks for what you have?

By Chaplain Alan M. Hansen MCB Camp Lejeune

Often we are captivated by the struggles of this pilgrimage called life. The daily news infiltrates our calm with the trials, evils and everpresent problems confronting us as individuals, families, communities and as a country. If we are not careful, we may 'find ourselves asking, "What do we have to be grateful for?" I am reminded of the Biblical narrative in the Gospel of Luke that presents the lives and circumstances of 10 men who gathered themselves on the edge of a small

These 10 men were brought together by their common social situation and physical problems. They were afflicted with leprosy and the resulting social banishment that was common for such individuals. Their lives were filled with not only physical pain, but also the emotional trauma and stigma that society placed upon them. In Luke 17: 11-19 we find that these 10 men had encountered Jesus of Nazareth as he passed through the area of Samaria and Galilee. It was there that they took a chance to speak with him, yet at a distance. The story tells that they lifted up their voices, and said, "Jesus, Master, have mercy on

us." In the midst of their circumstance and trial they had caught the attention of the great Physician. He directed them to the local priests, and it is noted that when they obeyed and went their way, they were healed of their leprosy and social stigmatism. But it is here that the story takes a strange turn.

One of the men turned around, fell at Jesus' feet and gave thanks for his cleansing. Jesus asked, "Were there not 10 cleansed, but where are the nine?" What did the one have to be grateful for?

First, he was grateful for his physical well-being. He knew that his health had been renewed and this gave rise to his gratefulness. When trial and circumstance come our way as it will always do, let us take a lesson from this one leper who was grateful for his health. We should be thankful for the physical and material blessings that we have. Blessings can come from the darkest of times. Like a silver lining behind a dark cloud, good can come out of grief. We can profit from difficult times if we offer words of gratefulness to the God who loves us so.

This one healed leper was grateful for his newfound purpose in life. Just the day before, he had

See **THANKS** Page 9

Chapel Hours

Protestant Sun. 8:30 a.m. Catholic Mass Sun. 10:30 a.m.

Confession services before Mass

Yermo Bible Study

Wednesday 11 - 11:30 a.m.

At the Colonel's Workshop

For more info call Don Brooks at 577-7165.

Sergeant Major says goodbye, leaving Corps in good hands

Marines, on Monday I passed my sword to SgtMaj Alford L. McMichael.

By now, I hope you are aware of the tremendous record of my successor. The 14th Sergeant Major of the Marine Corps will be a great role model, leader and mentor who represents all that is great about enlisted Marines. Please continue to support him by doing what you do best.

As I leave, I want to say I couldn't be any prouder of you. While I do see the bad things that a few of our Marines do on a daily basis, I take pleasure in the great things that most all Marines do all the time.

I often think that Marines really don't know just how special they are to our Corps and country and just how much good they provide to the world everyday.

As I look back, I do not know what I could have done that could have been more rewarding than the career I chose.

I say to you, think about your future but do your very best today and don't ever worry about being perfect. It's not hard to be a good Marine and it's not hard to make a contribution to your unit, Corps and Country everyday.

Believe me, your peers and leaders appreciate you and the American people will always appreciate you.

In closing, I haven't been perfect, I haven't worried about my career, yet, 31 years later, I'm closing it out. I know I will always be a Marine for I believe I served with dignity and left our Corps on good terms.

All you have to do is to continue to be courageous and commited. Even if you are not a superstar, the fact that you are a Marine makes you a person of honor. Just do your duty the best you can and finish out your time.

Once you depart our Corps, whether it is after 4 years or 30 years and providing you leave on good as you too will always

terms, you too will always be a Marine.

Semper Fi,

John L. G. LEE

Joint Chiefs chair pays tribute on 4th

By Henry H. Shelton

Chairman of the Joint Chiefs of Staff

In 1776, American patriots declared their independence and fought the greatest power of their time to earn the blessings of liberty that have become the birthright of all Americans. Their legacy is nothing less than our independence, prosperity and very existence as a free nation.

In the ensuing years, the United States came of age and emerged as a world power. Throughout our country's history, America's sons and daughters have repeatedly been called upon to defend the freedoms the early patriots fought so hard to win.

In peace and war, at sea, on land, and in the air, America's armed forces have remained faithful to

the noble calling of protecting our great nation and the bedrock principles on which it stands.

Today, on the last Independence Day of this millennium, you – America's soldiers, Sailors, airmen, Marines, and Coast Guardsmen – stand watch over our precious freedoms. You proudly perform your sacred duty despite enormous danger, personal sacrifice and lengthy separation from families and friends.

Your task is not easy. But it is your willingness to serve that helps define America's greatness, both at home and abroad.

On this Independence Day, America honors you and all those who went before you. On behalf of the Joint Chiefs of Staff, thank you for all you do every day in defense of America's freedom.

BARSTOW LOG

Marine Corps Logistics Base Barstow, California Colonel Mark A.Costa, Commanding Officer

Public Affairs Staf

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For information on advertising in **BARSTOW LOG**, contact Paul Kinison of Aerotech News, Lancaster, Calif., phone: (805) 945-5634.

News Briefs

Commissary Closure

The commissary will be closed Tuesday, July 6, for Independence Day. It will reopen during regular business hours on July 7.

Marine Website

A new website for Marines has been established to help put Marines in touch with each other, with former Marines and with former Marines working in the civilian community who can offer job opportunities. According to 1stSgt. A. D. Novinec, website co-creator, the website, http:// www.usmcjarheadnetwork.com, is a place where Marines can network the employment pages, post resumes and establish contacts.

Route 66 Market Festivals

The Barstow Area Chamber of Commerce is sponsoring the Fifth Annual Market Festivals Tuesday evenings from 6-10 p.m. at the Barstow Mall until Sept 28. This year's theme is the Route 66 Market Festival.

The annual event features a variety of craft, food and produce vendors, children's rides and a variety of entertainment. Weekly themes will include Youth Night, Calico Night, Harley Davidson Night and others. Look for these nights in the future:

<u>Date</u> **Event** July 6 Youth Night 50s Night July 13 July 20 Comunity/Garage sale July 27 Calico Night Harley Davidson Night August 3 August 10 Heath/Fitness Night August 17 Youth Night

For more info, call Tera Moore at 256-8400 or the Chamber of Commerce at 256-8617.

Navy/Marine Corps Relief Society

The Navy/Marine Corps Relief Society has layettes for expecting Navy and Marine families. Draw up a budget for your baby and be on your way with a bag full of goodies for the new addition to your life. Navy Relief is also here for your essential needs and unexpected crises.

We are here for you. Call Kaya Frechette at 577-6627.

Soccer team

MCLB Barstow is looking for a few good soccer players to bring home the West Coast Regional Championship trophy. The tournament will be held at MCRD San Diego Oct. 10-16. For more info, call SSgt. Neville Golding at 577-6259.

The Known Marine

The Marine Corps Drill Instructors Association dedicated its first monument, "The Known Marine," at Parris Island, S.C. on April 24. More than 400 people attended the dedication ceremony. Engraved bricks with donors' names were placed at the site.

The next project is to build the same monument at MCRD San Diego and have it in place before the reunion in September.

It will cost \$140,000, which will be completely funded by donations and brick sales. To help build this long lasting tribute, write to:

United States Marine Corps Drill Instructor Association National Headquarters

4085 Pacific Highway San Diego, CA 92110 Or call (619) 688-0864.

Safety Shoes

number, and be received by noon, Friday for the next issue. Submit news briefs via LAN to PAO@PSD.

The shoemobile will visit MCLB Wednesday. It will be available at and building 236, Nebo, from noon-2 p.m. For more info, call 577-6724.

Leave donors needed

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact, a phone

Thomas Wilson Jr., Public Works Building 573, Yermo, from 7-11 a.m. Division, has been affected by a medical emergency.

Anyone willing to donate leave

under the leave sharing program may obtain a leave donor application through their division administrative officer.

For more info, call Connie Zamora at 577-6657.

And the winner is ...



Col. Mark A. Costa (right), base commander, presents the Officers Quarters of the Month to Helen Vaughan, wife of Army CWO Robert Vaughan.

Fireworks: exciting, illegal

Submitted by
Base Safety Office

he Fourth of July, Cinco de Mayo, Chinese New Year and other celebrations seem more festive and exciting with fireworks.

Unfortunately, the reckless or illegal use of fireworks can also make such holidays more dangerous. Of the thousands of people injured or maimed each year by fireworks, almost half are under 15 years of age.

Certain types or sizes of fireworks are so dangerous they are banned throughout the United States, even by mail. These include cherry bombs,

aerial bombs, M-80 cylinders, silver salutes and firecrackers with 50 milligrams or more of gunpowder.

Fuses must take from three to six seconds to burn. All fireworks must also carry a warning label that describes necessary safety precautions.

Most states and many counties and cities have their own laws regulating fireworks.

These laws range from banning certain classes of fireworks to outlawing their sale and possession altogether.

When watching demonstrations always stay in the designated watching area and never try to retrieve a souvenir shell, even one that has exploded. Shell fragments may still contain a large amount of dangerous explosive.

If a laser show happens to be part of the fireworks display, don't look directly at the source of the laser beam or at a shiny surface reflecting it. Looking at a laser source through a camera viewfinder or binoculars will not protect your eyes either. Laser light can seriously damage your eyes, but you

won't know it until later, when you notice a loss of vision.

Don't assume you know how to handle legal fireworks, even those you've ignited in the past or those you've seen others ignite.

Read and follow the directions each year for each type of firework.

An adult should always be present as long as fireworks are being used.

Don't tamper or experiment with fireworks or try to use their powder for other purposes.

Never try to relight or handle misfired or malfunctioning fireworks. Soak them with water and throw them away in a nonflammable container, picking

them up with a shovel.

If you won't be using fireworks for awhile, read their instructions and carefully store them in a cool, dry place. Some types have special storage requirements.

Although it is recommended to attend an officially run public fireworks display rather than use fireworks at home, with careful attention to safety precautions you can avoid the many hazards of fireworks.

Drive safe, arrive alive

Compiled by

Barstow Log staff

Another 4th of July is upon us. Whether you are driving around Barstow or trying to squeeze a week's worth of cross-country driving into the next 96 hours, driving defensively and fol-

lowing a few simple safety steps will ensure you arrive alive. Fatigue is one of the

major causes of traffic accidents, according to the Base Safety Office.

Straight highways that don't take much thinking to navigate, a nice warm car and trying to push yourself past the point when you would normally

be in bed can get to everyone.

When the calming effects of the road take over your body and start to lull you into sleep, it is time to pull off the road and get some sleep.

If you don't know when you are pushing it past your limit, watch your body, it will let you know.

When you start yawning uncontrollably or letting the car drift from side-to-side, you need to pull off

Drifting within your lane, or beyond, can be extremely dangerous because tired drivers can often overcorrect

and lose control.

In preparation for your trip, remember not to drink alcohol or take any medication that may cause drowsiness.

Do not travel on an empty or stuffed stomach. Both can add to fatigue when traveling long distances.

Take along sunglasses to avoid eyestrain during the day. When your eyes get tired your body will follow

The Marine Corps needs you. Drive safe –come back alive.



Places to view fireworks

Althought fireworks are illegal aboard base, they may be viewed at the following locations:

The Barstow Sportspark is hosting a July 4th celebration Sunday. Festivities include games, entertainment and food at 3 p.m. Fireworks begin around 9:20 p.m.

Lake Dolores will have a fireworks show beginning at approximately 8:30 p.m.

Fireworks shows follow the baseball games at Maverick Stadium Sunday and Monday nights.

Fireworks at the 2nd Annual Freedom Festival at Brewster Park begin at 8:30 p.m.

TEAMWORK from Page 1

to the personnel in recycling and pest control."

to win the competition and retain the in-house workforce, there is still a possibility of personnel reductions.

"While implementing these practices, we will Even though the base's goal in the CA study is maintain fidelity to the principle of taking care

of our people, especially our civilian Marines, who are key members of our installation support team," said Costa.

"We will exploit every opportunity within the civilian personnel system to minimize disruption and maximize placement and retraining opportunities. "My loyalty is to the people who work for me today. We will continue to make civil service careers in the Marine corps attractive," added Costa. "We are a team focused on winning."

STUDY from Page 1

and since moving to Booz-Allen has completed two CA stud-

"More than it just being my job, I want to win in every A-76 study I'm involved in," said Roberts. "The civilian workforce has been a dedicated, loyal aspect of government service. It is our responsibility to give them every opportunity to compete and win."

The A-76 study is a campaign the civilian and military leader-

ship here intend to win.

"History shows that successful campaigns are won when you combine several things," said Col. Mark A. Costa, base commander. "Success requires dedicated and expert leadership executing a realistic and achievable plan with quality expertise in support of a motivated team of professionals.

"And Barstow will be successful."

This is not an empty claim, according to Costa. "We have what it takes to succeed. We have a dedicated, loyal and motivated

work force. With Booz-Allen we have the expertise, and our plan is both realistic and achievable."

"We should not fail if we are willing to individually and collectively commit to the challenge ahead," Costa added.

Editor's Note: The Barstow Log is running articles to keep personnel informed regarding the progress of the ongoing A-76 study. Please send questions to the Quality Management Office hotline at 577-6288 or the Internet mailbox at smbbarstowqmo@barstow. usmc.mil.

For additional A-76 information see Page 9

COMMUNITY SERVICES BULLETIN

Community Services Division

Find a job you love, make more money

By Charles Ashbrook

MCCS, Career Resource Management Center

Did you ever in your wildest dreams, think you would live in the Mojave Desert? Did you even know where the Mojave Desert was? Did you care? You said that when you got married, you agreed to love, honor and obey, but there was no mention of Barstow, California or the Marine Corps Logistics Base. Yet here you are.

For those of you who have just arrived, welcome to one of the finest small communities anywhere in California. No, we don't work for the Chamber of Commerce, we work for MCCS Community Services, Career Resource Management Center (CRMC). Our job is to assist military spouses who are new to the area, or those who have been here awhile and are seeking employment or career development opportunities.

At the CRMC we assist you in finding local job sources, teach you how to win your first job if you've never been employed and discuss Career Planning, Self-Assessment and Career Portability in the armed services. In addition, we have state-of-the-art automated employment services with Internet capability and computerassisted resume and application preparation programs.

During the years 1997 and 1998, 69 percent of the military spouses relocating to MCLB Barstow who used the CRMC had low to medium job skills, but earned on the average of \$19,100 per year. Of specific significance is the 82 percent who indicated that they were satisfied with their current position. Simply put this means spouses who used the CRMC had insight into the local economy, were better prepared to seek employment, were able to match their skills and abilities to the employers requirements, found their employment satisfying, and earned significantly higher that the average person with the same skills, abilities and experience.

If you're seeking employment, are currently employed but feel as though your job is not satisfying, want to discover what it is that you would like to do, or are just tired of working different jobs because of frequent relocations, contact our office at 577-6169/6265, or stop by our office at Building 129, across from the Child Development Center on Boll Ave.

Summer safety comes in 3s: sun, sports, critters

By Grace Walls

Training & Curriculum, Family Child Care Center Director

Summer safety can be divided into three categories: sun safety, swimming and sports safety, and insect and snake safety.

Under the sun

The dangers of sunburn, heat exhaustion and heat stroke are serious. To avoid a sunburn, first try to avoid letting your children play outdoors during the hottest part of the day, between 10 a.m. to 2 p.m. If prolonged exposure to the sun is unavoidable, make sure your children use a sunscreen with SPF 15 or higher. It should be put on about 30 minutes prior to going outside and it needs to be reapplied during the day and after swimming. Wearing a brimmed hat and having their shoulders covered also helps protect them from the sun.

Heat exhaustion occurs when children become overheated and dehydrated. They can develop muscle cramps, dizziness, and weakness and headaches. With your child exhibiting some or all of these symptoms, have them lie down in a cool place and drink plenty of fluids. Pedialyte or rehyrolite from the drugstore are best, but any thirst-quenching drinks are fine.

If overheating continues, heat stroke can follow. Children with heatstroke have hot, dry skin and are very weak, even losing consciousness. Heatstroke is a medical emergency, without prompt attention it can lead to permanent injury or even death. Heat stroke killed two very young children in southern California during the month of June when they were left in locked cars with the windows closed. If you suspect heat stroke, call for an ambulance immediately and do whatever you can to lower the child's temperature, such as soaking the child's clothing in cold water. Prevention of both heat exhaustion and heat stroke are best and this can be done by staying cool during the hottest parts of the day, and by making sure your child drinks plenty of fluids. It should go without saying that children should never be left alone in a locked car with the windows closed, especially during hot summer weather.

In the swim and swing

The danger of drowning in a pool cannot be overemphasized. Drowning is the leading cause of accidental death for children under the age of five in California. Drowning usually

occurs quickly and silently – it can happen in a matter of seconds. Two minutes following submersion, a child will lose consciousness. Irreversible brain damage occurs after four to six minutes. Children can drown in as little as one inch of water and are at risk of drowning in wading pools, bathtubs, spas, toilets and hot tubs.

Here are some precautions: Always designate a person to watch a pool or spa area whenever children are present. Don't leave toys near or floating in a pool or spa when it is not in use. Look in the pool area first if a child is missing. When a child is immersed in water, every second counts. Know infant and child CPR. If you have a pool, make sure that there are many safety barriers, so if a child eludes one there are others in his way. Leave a cordless phone near the pool for quick access to 911 emergency service. Keep rescue equipment in the pool area, including a life-saving ring and shepherd's hook.

Baseball is our most popular youth sports and one of the most dangerous. In 1993 more that 160,000 children between ages 5 to 14 were injured playing softball or baseball. They get hurt by being hit by a ball, colliding with other players, falling, sliding into bases, getting spiked by cleats, or by being hit by the bat. Children should wear a helmet in-

stead of a cap, wear shoes without metal spikes and protective equipment for catchers (protective vests and a helmet with a face and throat shields and eye protection). Teams should also use bases that have a releasing mechanism to keep children from getting hurt during slides and coaches should keep track of pitches, limiting their total number of pitches to 300 per week. Someone certified in CPR should be at all games.

Bike riding is also a dangerous sport. Make sure your child always wears a helmet, light-reflecting clothes during twilight hours, and has had a bike safety class.

If your child rides on the back of your bike, make sure that he wears a lightweight helmet, has a high back and a sturdy shoulder harness and lap belt. You should also avoid traffic and ride at a slow pace.

In the outside

Here in the high desert, rattlesnakes are a real danger. This year is particularly dangerous because there are so many more baby snakes out in the desert than usual.

Keep trash from accumulating in your yard, and try to keep woodpiles off the ground so snakes can't find places to hide on your property. When you hike in the desert, make noise to warn snakes you're coming, avoid walking close to creosote bushes and over snake holes, and carry a snake bite kit. Snakes will not come after you, however if they feel threatened, they will strike.

Insects and their bites are a prob-

lem in the summer. Most bites and stings clear up in a few days with only minor discomfort. The dangers come from anaphylactic shock which is a rare but life threatening allergic reaction, and from lyme disease from deer tick bites. Prevention is the best way to deal with bites and stings. To do so, wear long-sleeved pants and shirts, avoid infested woods, use a repellent containing no more than 10 percent DEET, and avoid using soaps and lotions with a flower-like scent.

If your child gets stung, cleanse the sting site with soap and warm water, then use a stiff object such as a credit card to gently scrape the stinger off. Pressing on it or pulling on it could release more venom. Recleanse to remove the surface venom and bacteria. Apply antibacterial ointment. If stings are widespread or very itchy, call a doctor. If they get bitten, have your child soak in an oatmeal bath or apply a cool compress, and smooth on lotion to ease itching.

The symptoms of anaphylactic shock may include itchy body-wide hives, flushing, sudden and severe difficulty breathing, weakness, collapse, or unconsciousness. Swelling of the eyes, lips, larynx, or penis may also occur. If your child shows any of these symptoms, call 911. If you have a child who has experienced one attack, he should always carry a bee sting kit so that they can be always ready in the event of a sting.

If you follow these easy to follow rules, you should have a safe and hazard-free summer.

In the swim of things



CDC file phot

Children at the Child Development Center get some time to play in the sun and stay cool. The dangers of swimming related accidents decreases when children are properly supervised.

Community Services Bulletin is published the first week of every month to convey news from the Community Services Division, Marine Corps Community Services Department, MCLB Barstow

Community Services Director: William Boxx Program Director: Dr. David Nieman Community Services Bulletin Editor: Jane Schoffstall Phone Number: 577-6533

Jobs

Anne No.	Title/Series/Grade	<u>Open</u>	<u>Close</u>	1st Cutoff	Location
DEA-95-99	Crane Operator WG-5725-11	03-08-99	09-30-99	03-22-99	Calif., Ariz.
DEA-140-99	Firefighter GS-081-03/04/05/06	04-05-99	09-30-99	04-19-99	Port Hueneme
DEA-164-99	Firefighter GS-081-04/05/06	04-29-99	09-30-99	05-13-99	Camp Pendleton
DEA-208-99	Amendment Electrical Engineer GS-850-11/12	05-25-99	07-30-99	06-25-99	San Diego, Calif.
DEA-218-99	Air Conditioning Equip. Mech. WG-5306-10(Term NTE 13 mos.)	05-26-99	07-30-99	06-18-99	Calif., Arizona
DEA-227-99	Civil Engineer GS-810-7/9/11	06-01-99	07-30-99	06-15-99	El Centro, Calif.
DEA-229-99	Medical Clerk (office automation) GS-679-4/5	06-04-99	07-02-99	06-18-99	Lemoore, Calif.
OTR-27-99	Motor Vehicle Operator WG-5703-08(Temp NTE 1 yr.)	03-24-99	09-30-99	04-07-99	Calif., Arizona
OTR-35-99	Computer Specialist GS-334-11(Temp NTE 1yr.)	04-06-99	09-30-99	04-20-99	Calif., Arizona
OTR-36-99	Materials Handler WG-5703-08(Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach & Fallbrook
OTR-38-99	Materials Handler WG-6907-07(Temp NTE 1 yr.)	04-07-99	09-30-99	N/A	Seal Beach & Fallbrook
OTR-39-99	Ordnance Equip. Repair WG-6641-08(Temp NTE 1 yr.)	04-09-99	09-30-99	04-19-99	Seal Beach
OTR-41-99	Painter WG-4102-07(Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	Barstow
OTR-41-99	Heavy Mobile Equip. Repair/Operator WG-5803-08/10/11(Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	Barstow
OTR-41-99	Artillery Repair WG-6605-07(Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	Barstow
OTR-41-99	Pneudraulic Systems Worker WG-8255-08(Temp NTE 1 yr.)	06-15-99	09-30-99	06-28-99	Barstow

For more information contact the Human Resources Office at 577-6484.

Same guards, new shack



Private First Class Stephen Peltier, PMO, directs traffic through Gate 1 on MCLB Barstow in front of the new guardhouse. The military police received the guardhouses in the beginning of June and have been setting them up since. The upgraded guardhouses are reinforced with bulletproof glass and have electricity, air conditioning and bathroom facilities.

DoD tests online voting for military absentees

"We'll be compil-

ing data not only

from the voter's

point of view, but from the local elec-

tion officials' point

- Polly Brunelli

of view.

By Paul Stone

American Forces Press Service

WASHINGTON — It may be the wave of the future for participating in the electoral process, and DoD is leading the way.

DoD's Federal Voting Assistance Program and five states have begun a pilot project for the year 2000 presidential election that will allow service members to cast their absentee ballots over the Internet instead of through the mail.

The program is primarily aimed at making it easier for service members stationed away from their home states to cast their ballots, according to Polly Brunelli, voting program director.

"Our men and women are deployed combat zones. They're in disaster areas. They're also serving aboard surface vessels and submarines, as well as in remote areas where mail delivery is unpredictable, Brunelli said. "So this sometimes

makes absentee voting particularly challenging.

Indeed, she pointed out that a 1996 post-election survey revealed approximately one-fourth of all military voters said they did not vote in the elections because their ballots did not arrive in time to be counted.

Approximately 350 volunteer service members scattered throughout the world will take part in the project.

The five states that have agreed to participate are Florida, Missouri, Texas, South Carolina and Utah.

Later this year, working with these states and the individual services, FVAP will identify possible participants and offer them the opportunity to take part. Registration will begin in January

The only requirements for service members are that they are 18 or older, be registered voters in their home states, and that they have access to a personal computer with Internet connection.

Brunelli said a key concern that will be tested in the pilot project is voter confidentiality.

DoD will provide software to participants that will give them access to the Pentagon's public-key infrastructure; a system the military uses to send encrypted messages worldwide.

She explained that all voting transactions would travel through the secure "pipeline" to the local election official in the voter's home state and jurisdiction. The voter's ballot will arrive in what Brunelli referred to as an electronic "security envelope."

The local election official, in turn, will use a software program to separate the ballot from the voter's identification, which should guarantee the same privacy all voters receive.

Brunelli sees the pilot project as the logical continuation of other initiatives during this decade to make voting easier for service members, their families and civilian employees away from their home states.

For example, in 1990, during Operation Desert Storm, FVAP worked with the states to allow voters to receive and submit their ballots by fax. Forty-four states now allow absentee voting by fax.

The success of that effort, she ex-

plained. prompted the current pilot project using the Internet.

We went to state and local government officials and addressed the questions of how can we better respond to our military absentee voter? How can we be more

effective and efficient? We've done all of these other things, but we're still experiencing problems with ballot transit time," Brunelli said. "And we decided voting over the Internet would provide prompt response time while solving the ballot transit problems.

Following the 2000 elections, DoD and the five states involved will examine the success of the pilot project. Among the issues that will be studied will be the integrity of the process or what Brunelli referred to as "one person, one vote," ease of use and response time, and overall security of the pro-

"We'll be compiling data not only from the voter's point of view, but from the local election officials point of view, as well," Brunelli said.

The findings will be compiled in early 2001 and shared with all states. And ultimately, it's the states themselves that control whether Internet voting services are available to service members, Brunelli pointed out.

They have to have the legislation in place to allow it, as well as the technical staff and physical surroundings, such as a secure room for the server and the systems involved," she said. "Almost all states were represented when we discussed this pilot program. They all have an interest. The challenges [after the pilot project] are to make it a broader program; to get legislation in place to allow voting over the Internet. And we're here to facilitate that process."

Breast cancer study looking for area volunteers

By Norma I. Ashmawee RN, MA
Weed Army Community Hospital
Breast Education Center

One of the largest breast cancer prevention studies ever, the study of Tamoxifen and Raloxifene (STAR), is now recruiting volunteers at more than 400 centers across the United States, Canada and Puerto Rico. Weed Army Community Hospital at Fort Irwin is one of these sites.

"We are excited about bringing this important study to the Fort Irwin area," said Army Capt. Sharon McIntyre. "Women everywhere are at risk for breast cancer, and we are pleased that Fort Irwin [and MCLB Barstow] women will have the chance to participate in this important study."

The study includes 22,000 post-menopausal women who have an increased risk of breast cancer to determine whether the osteoporosis prevention drug raloxifene (Evista) is as effective in reducing the chance of developing breast cancer as tamoxifen (Nolvadex) has proven to be.

Weed Army Community Hospital is part of the National Surgical Adjuvant Breast and Bowel Project CNSABP), the network of research professionals that will conduct STAR, which is supported by the National Cancer Institute (NCI).

NSABP chairman Dr. Norman Wolmark

noted, "Studies of raloxifene suggest it has the potential to prevent breast cancer. The only way to prove that potential is to do a clinical trial in which the risks and benefits of raloxifene are directly compared with the risks and benefits oftamoxifen."

Tamoxifen was shown to reduce the chance of developing breast cancer by about half in the Breast Cancer Prevention Trial, a study of more than 13,000 pre- and post-menopausal women at high risk of breast cancer. Results of this trial were published in the Journal of the National Cancer Institute on Sept. 16, 1998. In the BCPT, half the women took tamoxifen and half took a placebo. Participants taking tamoxifen had fewer fractures of the hip, wrist and spine than women taking the placebo.

However, the drug increased the women's chances of developing four potentially life-threatening health problems: endometrial cancer (cancer of the lining of the uterus), deep vein thrombosis (blood clots in large veins), pulmonary embolism (blood clot in the lung) and possibly stroke.

The U.S. Food and Drug Administration approved the use of tamoxifen to reduce the incidence of breast cancer in women at increased risk of the disease in October 1998.

Dr. Leslie Ford, associate director for clinical

research, Cancer Prevention Division, National Cancer Institute is responsible for all aspects of the NCI's involvement in STAR.

She said, "Tamoxifen is a medically proven intervention, but it is not perfect. Women who are at an increased risk of breast cancer need options for preventing this disease with a minimum of side effects, and STAR is a concerned effort to find one."

Information about the safety of raloxifene is limited compared to the data available on tamoxifen. Raloxifene was approved December 1997 by the FDA to prevent osteoporosis and has been in clinical trials for about five years. Tamoxifen has been approved by the FDA to treat women with breast cancer for more than 20 years and has been in clinical trials for about 30 years.

Women taking raloxifene in studies of osteoporosis had increased chances of developing a deep vein thrombosis or pulmonary embolism similar to the risk seen with tamoxifen. In these studies, raloxifene did not increase the risk of endometrial cancer. An important part of STAR will be to compare the long-term safety of raloxifene and tamoxifen in women at increased risk for breast cancer.

Women who participate in STAR must be

post-menopausal, at least 35, and have an increased risk of breast cancer as determined by age, family history of breast cancer, personal medical history, age at first menstrual period, and age at first live birth. They will also go through a process known as informed consent, during which they will learn about the potential benefits and risks of tamoxifen and raloxifene before deciding whether to participate in STAR.

Once a woman chooses to participate, she will be randomly assigned to receive either 20mg tamoxifen or 60mg raloxifene daily for five years and have regular follow-up examinations, including mammograms and gynecologic exams.

The maker of tamoxifen, Zeneca Pharmaceuticals, Wilmington, Del., and the maker of raloxifene, Eli Lilly and Company, Indianapolis, Ind., are providing their drugs for the trial without charge. Eli Lilly and Company has also given NSABP a \$36 million grant to defray recruitment costs at participating centers and to help local investigators conduct the study.

For more information about STAR, call Weed Army Community Hospital at (760) 380-5799 or visit NSABP's website at http://www.nsabp.pitt.edu or the National Cancer Institute's clinical trials website at http://cancertrials.nci.nih.gov.

About A-76: Walking the walk, talking the talk

rethinking and radical redesign and improvement of business processes to improve important performance measures such as cost, quality and service.

Commercial Activities (CA): A product/service, accomplished by a Federal executive agency, which could be obtained from a commercial source. A commercial activity is not necessarily governmental.

Competitive Analysis: A study to determine if the commercial sector can provide comparable services at competitive prices for a service currently being accomplished in-house.

Installation Reform(IR): That component of the Marine Corps' Revolution in Business Affairs focused on reforming business practices across Marine Corps instal-

Most Efficient Organization (MEO): The new or "organization-to be" which is the most efficient and effective or "best value" to perform the work specified in the performance work statement.

OMB Circular A-76: Establishes Federal policy regarding the performance of commercial activity studies. It lays out a process developed by the Office of Manage-

Business Process Reengineering: The fundamental ment and Budget that enables Federal agencies to conduct fair and open competitions between in-house personnel and commercial sources to perform on-base activities. The 1996 supplement to the circular establishes specific procedures for determining if it would be more cost effective and efficient to perform commercial activities with in-house government facilities and personnel or through contracting with commercial sources.

Privatization: The process of changing a public entity or enterprise to private control and ownership. It does not include determining whether a support service should be obtained through public or private resources when the Government retains full responsibility and control over the delivery of those services.

Regionalization: Consolidating/realigning activities/ positions either geographically or organizationally to streamline and achieve savings through eliminating duplicate positions. It combines separate service providers from a geographic region to form a single service provider. Regionalization reduces cost through eliminating unnecessary management, duplicate overhead and redundancy. It also promotes better, more efficient use of the workforce to develop an MEO

THANKS from Page 2

no future, no real hope for the next day, but he encountered the life-changing mercy and grace of an Almighty God. His future was now bright, because he encountered Jesus, which led him to be grateful for the new purpose that would drive his life. Have you experienced the mercy and grace of God that provides a divine destiny and purpose? Can you offer a word of thanksgiving for the purpose that is found in walking in harmony with God?

In the culture of his day, a leper was considered an unclean person but the cleansed leper experienced the power of the King of kings, and the Lord of lords. It was not just his physical being that was healed, but his spiritual being was cleansed too.

This lone leper could testify to the proclamation of John when he wrote, "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness." (1 John 1:9) He could be grateful for the spiritual cleansing that came his

I am reminded of one of Norman Rockwell's paintings, which pictures an elderly woman who paused to say a prayer of gratitude before she began eating her meager meal in a restaurant. The picture appeared on the cover of a popular magazine portraying her with head bowed hands folded. It is a picture of one who is truly grateful for God's goodness.

Remember that all 10 lepers had much to be grateful for, but only one voiced a word of thanksgiving to God. We too need to learn to say, "Thank you Lord."

Correctly talking about IR

CO says, 'Don't start the rumor.'

By GySgt. Frank Patterson **Public Affairs Chief**

Commercial activities study, A-76, privatization, and regionalization: These and other terms will be heard all around the base during the next year and a half to two years.

To the untrained reader or listener, these terms may mean the same thing, but they are quite different depending on their use. It is important that personnel navigating through the maze of Installation Reform and the A-76 study understand and use these terms correctly when talking of the processes, initiatives and tools involved.

Several actions have been taken to quell rumors, answer questions, and keep everyone involved informed about what is happening with IR and its effect on them.

- The base commander is holding quarterly meetings regardin1g the progress of the study.
- The Barstow Log is publishing a series of articles and updates about

the A-76 study and the consulting firm, Booz-Allen & Hamilton, Inc.

- -An electronic mailbox, smbbarstowgmo@barstow.usmc.mil, is available for expressing IR queries and
- Suggestion boxes are located around the base and a telephone hotline, 577-6288, started in June so concerned personnel can call in and voice their questions and concerns and make suggestions regarding A-76. Answers to frequently asked questions will be developed from these sources and posted on the base homepage on the Internet and in the Barstow Log. The website is http://www.bam.usmc.mil. Click on the Quality Management Office link.

"I highly encourage everyone to stay informed and get involved regarding IR," said Col. Mark. A. Costa, base commander. "It is important to know exactly what you are talking about. If you don't know the initiative 100 percent, then don't answer the question.

"Don't start the rumor."

Puck Hogs close out hockey season

By Cpl. Mike McQuillan

Barstow Log staff

The Puck Hogs of MCLB Barstow capped the roller hockey season at Fort Irwin last week with a second-place season finish and a fourth-place finish in the playoff round.

Though they slipped a notch from last year's championship-winning season, Coach Jay Hunsaker called this season a triumphant one.

"We beat every team in the league," said Hunsaker, reflecting on his 8-2 season. "We really have nothing to complain about."

The season kicked off in January as the lone team from MCLB Barstow began taking the drive up Fort Irwin Rd. to practice every week. As the only "away" team in the league, the Puck Hogs had their work cut out for them.

We've been practicing every week for almost two years," said Hunsaker. "We don't have a facility in Barstow yet, so we have to make the trip."

According to LtCol. Donald Zautke, base executive officer, plans are in the works to set up a rink at MCLB Barstow.

"About two years ago, the base bought the floor to build a hockey rink," said Zautke. "Once we find a location to set it up, the guys won't have to travel to Fort Irwin just to practice."

Nonetheless, the Puck Hogs set out to defend their league title. They saw early in the season that competition was stiffer than it was last year.

"I think that the toughest game we played this season was the first game that we played against the [Ops Group] Vipers," said Hunsaker. "We knew how they played and had a good idea of what we needed to do to win, but it was also one of the first games as a whole team and we still needed to gel. We did, and we did win, but it was the toughest of them all."

After enjoying much success during the regular season, the Puck Hogs geared up for the playoff tournament. They advanced to the semi-finals before facing the eventual champions, Support Squadron, falling by a score of 8-5.

The Puck Hogs were sent to the

consolation round, where they lost to Ops Group 10-4.

The top two scorers on the team were Mike Pugliese and his son, Mike Jr. Following them was team captain Joey Rancourt.

"He [Rancourt] scored a lot, considering he was a defenseman," said Hunsaker.

With another championship 11 and a half months away, the Puck Hogs are scouting for next year's team.

"We would like to invite any and all Marines to join us," said Hunsaker.

"Neither age nor sex is considered when it comes to hockey. Older, more experienced players are welcome and females are always an added benefit (aggressiveness is a great quality in hockey).'

Anybody interested in playing roller hockey for the Puck Hogs, military or civilian, may call coach Jay Hunsaker at 577-7211.



Photo by Cpl. Mike McQuillan

Mike Pugliese Jr. (left) and goaltender John Humbert ward off a potential nuisance at the net.



Photo by Cpl. Mike McQuillan

Mike Pugliese Jr. (center) chases an opponent from Support Squadron around the net in Round Two of the playoffs.

1983 CHEVY: Short-bed truck, rebuilt 350 engine and trans, suspension all rebuilt, lowered, custom wheels, Flowmaster exh. with all smog equip. \$3,000. Call 256-6103.

1975TOYOTA LAND CRUISER: New soft top and doors, white spoke wheels with all smog equip. \$3,500. Call 256-6103.

1992 TOYOTA PREVIA: White, dual A/C, cruise control, PL, PW, loaded, only 83K miles, book value \$11,750, Clean inside/out. \$11,000, firm. Owner may help finance. Call 252-1766.

1994 TOYOTA PICK-UP DX: Shortbed, 5 speed. Only \$6,500. Book value \$8,000. Carpets, bumper, 73K miles. Call 252-1766.

FOR SALE: 17 inch mono chrom rims. \$1,400 OBO. Call 252-7627 or lv msg.

MISC. FOR SALE: Patio table and 2 chairs, wicker and round glass top, \$50; Weber Barbecue grill, \$10; Basketball hoop, new. \$12; Electric lawn mower, Sears. \$100. Call 252-1766.

MISC. FOR SALE: Microwave oven, Panasonic, 1100 watts, 1.3 cuft, almost new, \$90; Panasonic upright vacuum cleaner, \$30; Color TVs, 19", cable connections, one with remote, \$65 without, \$45. Call 252-4072.

MISC. FOR SALE: Black dining table with folding end leaves, wood, \$75; antique wood frame couch, re-covered cushions, \$75; Oak veneer coffee table with two end tables set, \$50. Call 252-4072.

PETS: AKC Golden Retriever pups OFA, 8 weeks, shots, vet check. \$350-\$400. Call Terry 257-4680.

Update

By James H. Gaines MCCS Publicity

Murphy's Law strikes again

Due to construction setbacks, the gas pumps weren't ready yet. They should be operational by July 30. Look for flyers and announcements about the opening of gasoline sales. Our apologies for the delay.

The 7-Day Store entrance is closed for the installation of the gas pumps. Please use the Exchange entrance. The 7-Day Store is located just inside the front entrance to the Exchange.

The Exchange/7-Day Store is open Monday through Saturday 9 a.m. to 6 p.m. and Sunday 10 a.m. to 6 p.m. Call 256-8974 for more information.

This week's lunch menu

Today- Steak Ranchero, beans, rice and tortillas.

Friday, July 2 - Hoki fish, potato wedges and vegetable.

Monday, July 5 - No posted lunch menu today - Independence Day Holiday. Family Restaurant open 9 a.m. to 1 p.m. with breakfast and dinner menu service only.

Tuesday, July 6 - Lemon chicken with thyme, steamed rice and vegetable.

Wednesday, July 7 - Cheeseburger pie, potato wedges and vegetable.

Meals are served with roll and butter, coffee, tea or soft drink. Lunch is served at the Family Restaurant from 10:30 a.m. to 12:30 p.m. Lunch is served at the Cactus Cafe from 11 a.m. to noon. Monday through Friday. Price is \$3 military, \$4.50 civilian. For more info call 577-6428.

Family Night dinner menu

Tonight: - Barbecue beef ribs, potato wedges, vegetable, roll and butter, dessert and beverage (coffee, tea or soft

Thursday, July 8 - Roast pork, mashed potatoes, vegetable, roll/butter, dessert and beverage (coffee, tea or soft drink).

Family Night dinners are served from 4:30 p.m. to 7:30 p.m. every Thursday at the Family Restaurant. Allyou-can-eat \$4.50 adults, \$2.50 children five to 11 years, children 4 years and under eat free. Call 577-6428.

Commanding Officer's Golf Tournament

The Commanding Officer's Golf Tournament is July 10. This is a twoperson team contest. The entry fee is \$30 per team. Green fees and cart rental are extra.

Sign-up deadline is July 8th at 7 p.m. Show time is 7 a.m., tee-time is 8 a.m. shotgun.

Tees & Trees Golf Course is open from 7a.m.-7 p.m. Tuesday through Sunday and 11-7 Mondays. Call 577-6431 for more info.

Oasis swimming pool

The Oasis Club Swimming Pool

will be closed today from 11 a.m. to 3:30 p.m.

All authorized patrons are invited to the Family Pool during this time. Our apologies for any inconvenience this may cause.

MCCS holiday hours

What's closed and what's open on this Independence Day holiday.

<u>July 4</u>	<u>July 5</u>
Closed	Closed
	Closed Closed Closed Closed

YAC	Closed Closed
Bowling Center	Closed Closed
Auto Hobby	Closed Closed
Ceramic Hobby	Closed Closed
Wood/Rock	Closed Closed
Main Exchange	Open Open
O	(10 a.m 6 p.m.)
Family Restr.	Open Open
·	(9 a.m 1 p.m.)
Gym/Fitness	Open Closed
	(8 a.m 3 p.m.)
Family Pool	Open Open
	(11 a.m 7 p.m.)
Oasis Pool	Open Open
	(11 a.m 7 p.m.)
Golf Course	Open Open
	(7 a.m 7 p.m.)
MCCS Hotline	

The MCCS Hotline is open 24 hours a day. Leave your message on voice recording. at 577-6390 anytime!